

# How to Make a Padded Arm for Sleeve Design

PaddedArmForm1.0

*designed, written and illustrated by Dawn Cloake  
using PatternMaker Software*

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Make a padded arm in your size or a standard size and forget any problems about fitting sleeves

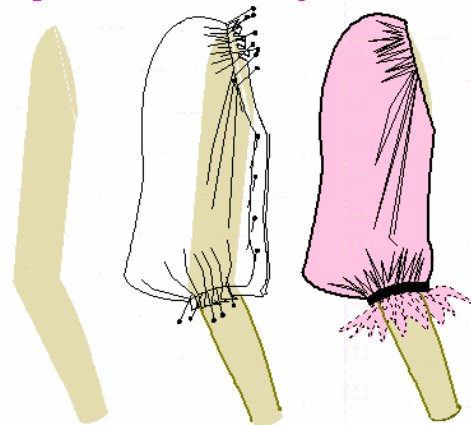
Use the arm on a table or attach it to your garment stand for testing sleeve patterns, toiles and finished sleeves.

Instructions for cutting and making a padded arm form to actual body size

Select your pattern from:

- Standard sizes
- Your arm size and shape
- Alter an existing pattern

Left: the padded arm  
Centre: testing the pattern  
Right: the sleeve ready for insertion



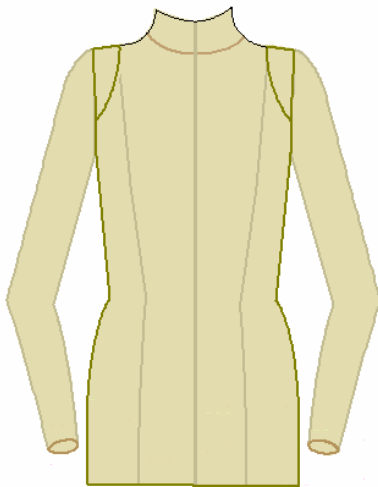
A padded arm form can be used to test the pattern before cutting the fabric

### What is contained in the instruction booklet?

This booklet contains:

- Step-by-step instructions for printing the graded pattern plus cutting out and sewing instructions for making a padded arm form that can be attached to garment stands for checking the fit and appearance of sleeves.
- Instructions for making the pattern to individual measurements.
- Instructions for adapting an existing sleeve pattern.

Below: a pair of padded arms attached to the shoulders of a garment stand.



garment stand with a pair of padded arms

Detachable arm forms may be attached to the garment stand or used independently on a worktable.

Although one arm is sufficient for design and pattern testing, a pair of arms attached to the dress stand is more realistic for evaluating a garment toile or a completed sleeved garment.

### Which pattern should I use?

If you use standard size commercial patterns or blocks (slopers) select the size required from the graded pattern in Part 1: Padded Arm Form using the graded patterns. Print the size(s) you want (see page 8) and follow the cutting and sewing directions until completion.

### Drafting individual size arm patterns

To make a pattern to fit your own arm or the arm of someone else, refer to Part 2: Constructing a pattern to individual measurements (page 20). Follow the directions for measuring the arm, then return to Part 1 (page 13) to complete the cutting and sewing stages.

### Using an existing sleeve pattern

If you prefer to adapt an existing sleeve pattern, refer to Part 3: Adapting a commercial paper sleeve pattern (page 34).

Follow the directions for measuring the arm and for adapting the pattern, then return to Part 1 (page 13) to complete the cutting and sewing stages.