Back Loop Only



Back Loop Only

The Back Loop Only technique is a simple yet transformative way to change the texture of your crochet. By working into just one loop, you can create flexible, ribbed fabrics that look beautiful and feel comfortable to wear. It's an excellent skill for beginners who want to elevate their crochet from flat, basic fabrics to more dynamic and professional-looking pieces.

Beginner's Guide to the Back Loop Only Crochet Stitch (US: BLO, UK: BLO)

The Back Loop Only (BLO) technique is a simple yet powerful way to add texture and flexibility to your crochet projects. In both US and UK crochet terminology, this technique is known as BLO, meaning you work your stitch into the back loop of each stitch instead of through both loops.

Every crochet stitch has two loops at the top the front loop (closest to you) and the back loop (furthest from you). Normally, you insert your hook under both loops, but when you use the BLO technique, you insert it only under the back one.

This small adjustment changes the texture and structure of your fabric dramatically — creating subtle horizontal ridges and a soft, flexible drape.

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BLO crochet is ideal for adding texture to simple patterns, forming ribbed effects for cuffs and trims, and creating stretchy fabrics perfect for hats, sleeves, or home décor items like blankets and cushions.

Beginner Tips

- Identify the back loop clearly: Tilt your work slightly toward you to easily see which loop is the back one.
- Keep your tension even: Working into one loop can tighten stitches slightly, relax your grip to maintain flexibility.
- Use contrasting yarn when practicing: It helps you visually track where your hook goes.
- Practice with different stitches :Try BLO single crochet, half double, and double crochet to see how the texture changes.
- Use stitch markers: Mark the first and last stitch in each row to avoid losing stitch count.

Common Mistakes:

- Inserting under both loops by accident, which eliminates the ribbed texture.
- Pulling stitches too tight, making the fabric curl or difficult to work into the next row.
- Skipping stitches due to unclear loop visibility, causing uneven edges.
- Not identifying the turning chain, resulting in rows of inconsistent width.
- Using too small a hook for stiff yarn, which reduces flexibility.



Common Uses:

- Creating ribbed effects for hat brims, cuffs, and sweater hems.
- Adding soft texture to blankets, scarves, and throws.
- Building stretchy, flexible fabrics ideal for clothing and accessories.
- Decorative texture in granny square borders and edging.

Visual reference (simple stitch chart in words)

- Regular stitch top = two loops: [front loop] [back loop]
- BLO = work into [back loop] only → front loop remains unworked and forms the ridge.

Fabric behavior & where to use each

- BLO sc: dense, stable ribbing - good for cuffs, edgings, placemats.
- BLO hdc: medium drape, softer ribs - good for garments and blankets.
- BLO dc: airy with strong texture - good for shawls, scarves, decorative panels.

Variations & combos

- **Alternate BLO and regular rows** for mixed texture.
- **BLO ribbing:** work BLO sc in one row and BLO sc in next, or work BLO sc on every row for a knitted-look rib.
- **Front loop only (FLO)** is the mirror effect — useful combined with BLO for deep ribs.

Troubleshooting quick checklist

- If no ridge appears → you likely worked into both loops.
- If edge starts to slope → check skipped or extra stitches at row ends. Consider turning chain height (ch 1 / ch 2 / ch 3) matching stitch height.

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- Ridges flatten → loosen tension slightly on the loop you insert into.

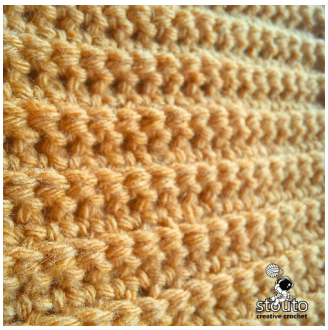
Want this as a printable one-page cheat sheet (PDF) or an HTML snippet with code you can paste into your blog? I can create that next.



Abbreviation

Crochet Stitch Method

1. Insert hook under the back loop only (farthest from you).
2. Complete the stitch as normal.



Step by Step

BLO - Back Loop Only Step-by-Step Instructions (US Terms)

1. Begin with any foundation row of stitches (for example, single crochet).

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2. When starting your next row, chain 1 (for single crochet) or the turning chain required for your stitch.

3. Look at the top of your stitches, you'll see two loops: the front loop and the back loop.



4. Insert your hook only under the back loop (the one furthest from you).



5. Complete your stitch as usual, for example, yarn over, pull up a loop, and finish a single crochet.

6. Continue working across the row, inserting your hook in the back loop of each stitch.

UK Terms:

In UK terminology, the technique is also called Back Loop Only (BLO).

The only difference is in the base stitch name (e.g., single crochet = double crochet in UK terms).

Crochet Stitch Practice Example

Practice Swatch Exercise:

Materials: Medium-weight yarn and a size H/5.0 mm hook.

1. Foundation Row: Chain 16.

2. Row 1: Work 1 single crochet (SC) in the 2nd chain from the hook and in each chain across. Turn.

3. Row 2: Chain 1, work 1 SC in the back loop only of each stitch across. Turn.

4. Repeat Row 2 for 6–8 rows.

5. Observe how the fabric develops a ribbed, flexible texture.

Tip for beginners :

If you want to create a thicker ribbed effect, try using half double crochet (HDC) or double crochet (DC) stitches in the back loop only, the taller stitches make the ridges more defined.

Once you're comfortable with BLO, try combining it with Front Loop Only (FLO) stitches in the same project to create alternating textures and visual depth, a great next step in your crochet journey.

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