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in: [Warframe Abilities](#), [Helminth](#), [Update 29](#)


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Rebuild Shields



EDIT






N/A

 50


Rebuild Shields

Instantly restore your shields.

Introduced in [Update 29.0](#)
(2020-08-25)

 Strength:	N/A
 Duration:	N/A
 Range:	N/A
Misc:	
25 / 50 / 75 / 100 % (shields restored)	
12 s (cooldown)	
Subsumable to	
Helminth	

Info

- Expend  **50 Energy** to restore [Shield](#) points to **25% / 50% / 75% / 100%** of maximum capacity, while triggering a **12** second cooldown before this ability can be cast again.
- Remaining cooldown time is displayed on the ability icon during its countdown.



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tion finishes.

acity or during cooldown.

at restricts movement and



WARFRAME Wiki



- The Warframe visually builds up energy in both hands and arms, as it crouches to spread the energy outward in a spiraling aura particle effect.



Patch History

[Hotfix 29.0.7](#) (2020-09-03)

- Added Helminth Ability videos on hover of the respective abilities.

[Update 29.0](#) (2020-08-25)

- Introduced.

See Also

- [Helminth/Unique Abilities](#)
- [Helminth](#)

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[Sharkbait! Mudada!](#) • 2/22/2022

How does Lavos interact with this ability? Does the timer double, increase or stay the same?

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[Sharkbait! Mudada!](#) • 3/21/2022

Nice, very nice. Thank you.



[A Fandom user](#) • 2/24/2023

Idk why anyone would want to use this over pillage or condemn



[Sharkbait! Mudada!](#) • 3/13/2023

Just an inquiry. I ended up slapping Golden Instinct on him, making Lavos the best treasure hunter in the game. You should definitely try it out, at least for Voidplume and syndicate medallion hunting.



[A Fandom user](#) • 6/27/2023

[A Fandom user](#)•2/24/2023 It's available earlier for those who don't have a whole stack of frames and materials to dump into helminth for leveling purposes. So, I'm sticking it on my loki in place of switch tele, for survivability until I can get something better later



Write a reply



[A Fandom user](#) • 2/9/2021



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st basically infinite shields?



Pressing it restore her shield instantly, yes, but the 12s cooldown is still there to prevent spamming.



[A Fandom user](#) • 2/6/2022

Cost is also modified to drain shields at a rate of 1 energy to 10 shields, so 50 drain becomes 500 shields.



[Shankar0](#) • 9/29/2022

There are waaaaay better Helminth options for Hildy.

Gloom, with her bottomless "energy" pool, turns her into god's middle finger. Slap a good build around it and you're nearly unkillable. The more enemies, the better!

Condemn, with a rangy build, can give you a massive insta-shield burst. Straight up to overshields. It also works great for CC focused on headshots.



[A Fandom user](#) • 7/29/2023

Gloom on her sucks, lol. Only meta slaves think it's good to slow and heal hp on a shield frame that insta kills.



Write a reply



[UdsUds](#) • 11/8/2020

NOT GOOD on index and will not generate "full shield before stress" (I'll stick to pillage)



[A Fandom user](#) • 2/6/2022

No shit dumbass.



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A Fandom user • 9/7/2020

You can replace balefire with this and it will let hildryn have near infinite cc time



A Fandom user • 9/10/2020

What a stupid idea.

You're going to replace balefire so you can max CC with Hildryn? Why not get rid of the ability she can't use while in aegis storm...



A Fandom user • 9/12/2020

No you replace pillage which she can't use with aegis storm.



A Fandom user • 11/23/2020

I played Hildryn today, and this ability was blocked during Aegis Storm ("ability use prevented"). Maybe it's a bug because i could use it during AS before.



A Fandom user • 12/22/2020

More like DE patched it out. I expected this would happen.



Write a reply



A Fandom user • 9/2/2020

DOES THIS WORK WITH HILDRYN?!?!?!?

[VIEW MORE REPLIES](#)



A Fandom user • 9/10/2020



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in Aegis Storm to refill shields



and it CAN go basically forever if done right



[A Fandom user](#) • 1/3/2021

Not anymore. Now if you try to use Rebuild Shields, while running Aegis Storm, you will get the same "ability use prevented" message as with Pillage. I was not even able to find anything about that in the Update logs, so it seems that they stealth-patched it...



[A Fandom user](#) • 2/11/2021

Update 29.5

- Fixed being able to cast Subsumed Abilities during Hildryn's Aegis Storm. *This fixes a host of issues that were caused by many Subsumed ability combinations with Hildryn. Each ability presented a new individual issue.*



Write a reply



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