What is claimed is:

1. An article of footwear comprising:

a strap element;

a rigid heel structural element disposed inside the strap element;

the rigid heel structural element comprising:

an upper rear portion having a downward incline from a top edge of the upper rear portion toward the front of the article of footwear, the upper rear portion having a convex curvature facing an opening of the footwear; two connecting arms, each of the two connecting arms comprising a medial arm and a lateral arm connected with the medial arm, the lateral arm and the medial arm being integrally molded, and the lateral arm being connected with the upper rear portion;

wherein when the footwear strap is assembled to the footwear:

the lateral arm extends downward and is attached to an insole or a strobel sock of the footwear; and

the medial arm extends downward and is attached to the insole or strobel sock of the footwear; and

a compressible layer is provided on an inner side of the rigid heel structural element, wherein the compressible layer entirely covers the upper rear portion, at least partially covers the medial arm and the lateral arm, and gradually tapers or terminates along the inner side of the medial arm and the inner side of the lateral arm.

2. The article of footwear according to claim 1, wherein when the lateral arm extends downward to the insole of the footwear, the lateral arm is directly or indirectly affixed to the top surface of a sole along the medial side of the insole of the footwear; and when the medial arm extends downward to the insole of the footwear, the medial arm is directly or indirectly affixed to the top surface of the insole along the lateral side of the insole of the footwear.

3. The article of footwear according to claim 1, wherein when the lateral arm and the medial arm extend downward to a footbed of the footwear, the end of the lateral arm and the end of the medial arm are attached to the footbed of the footwear.

4. The article of footwear according to claim 1, wherein when the lateral arm and the medial arm extend downward to the strobel sock of the footwear, the end of the lateral arm and the end of the medial arm are attached to the strobel sock of the footwear.

5. The article of footwear according to claim 1, wherein the rigid heel structural element is made of a polymer material.

6. The article of footwear according to claim 5, wherein the polymer material is Hytrel thermoplastic polyester elastomer block copolymer or thermoplastic polyurethane.

7. The article of footwear according to claim 1, wherein the rigid heel structural element is covered by a fabric, textile material, leather, or polymer plastic.

8. The article of footwear according to claim 1, wherein the convex curvature further comprises an upward-facing surface, and the convex curvature extends from the top edge to a bottom of the upper rear portion in a cross section taken along a vertical plane along a longitudinal axis.

9. The article of footwear according to claim 8, wherein the rigid heel structural element is connected to a footbed, the insole, or the strobel sock of the footwear through a medial L-shaped anchor and a lateral L-shaped anchor, wherein each of the medial L-shaped anchor and lateral L-shaped anchor is integrally molded with the rigid heel structural element or separately formed and attached to the rigid heel structural element.

10. The article of footwear according to claim 1, wherein the rigid heel structural element is configured to be at least partially deformed when a downward pressure is applied by the foot, such that the medial and lateral connecting arms can partially bend towards the rear of the footwear or outward to widen the opening of the footwear or both.

11. An article of footwear comprising:

a strap element;

a rigid heel structural element disposed inside the strap element;

the rigid heel structural element comprising:

an upper rear portion having a downward incline from a top edge of the upper rear portion toward the front of the footwear;

a medial connecting arm extending medially from the upper rear portion;

a lateral connecting arm extending laterally from the upper rear portion;

wherein at least one of the medial connecting arm and lateral connecting arm extends vertically from one end, and then curves rearward towards the rear of the footwear, forming an arcuate shape in a side projection; and

a compressible layer provided on an inner side of the rigid heel structural element, wherein the compressible layer entirely covers the upper rear portion, partially covers the medial connecting arm and the lateral connecting arm, and gradually tapers or terminates along the inner side of the medial arm and the inner side of the lateral arm.

12. The article of footwear according to claim 11, wherein when the lateral arm and the medial arm extend downward to a footbed of the footwear, an end of the lateral arm and an end of the medial arm are attached to the footbed of the footwear.

13. The article of footwear according to claim 11, wherein when the lateral arm and the medial arm extend downward to a strobel sock of the footwear, an end of the lateral arm and an end of the medial arm are attached to the strobel sock of the footwear.

14. The article of footwear according to claim 11, wherein the rigid heel structural element is connected to a footbed, an insole, or a strobel sock of the footwear through a medial L-shaped anchor and a lateral L-shaped anchor, wherein each of the medial L-shaped anchor and lateral L-shaped anchor is integrally molded with the rigid heel structural element or separately formed and attached to the rigid heel structural element.